

HEALTH & EFFICIENCY

H&E

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**WILL PUBLIC
DEMONSTRATION
PROMOTE
NUDISM?**

SOUTH AUSTRALIA



NOT TO BE AVAILABLE
TO MINORS

**THE NATURIST MAGAZINE THAT PROMOTES THE NAKED
APPROACH TO HUMAN RELATIONS — IN LIFE AND LOVE**



HEALTH and EFFICIENCY

THE JOURNAL OF THE SUN SOCIETIES
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Editor: Leslie L. Bainbridge

This magazine is entirely independent. Its aim is to present the great health movement towards sun and air bathing in its widest aspects, and to publish supplements from the recognised sun bathing groups, but the views expressed in literary contributions are not necessarily those of the Editor.

- We believe in the cause of social nakedness and as such consider it our duty to promote its acceptance universally. Our propaganda both by word and picture is designed for total honesty of expression but at all times within the bounds of propriety.

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76th YEAR OF CONTINUOUS PUBLICATION

Established 1900. Health and Efficiency incorporating Sunbathing Review, Health and Vim, is associated with the Central Council for British Naturism, the Australian Nudist Federation, New Zealand Sunbathing Association, Southern Rhodesian Outdoor Society, American Sunbathing Association, National Nudist Council, Ohio, the Central Sunbathing Association, Indiana, and Hong Kong Sunbathing Association.

However loose the association, society inevitably divides up into classes. And on the face of it this is no bad thing. However, in recent

years, John Phillifent observes, those whom we imagine are deserving of their superior station by reason of their quality are proving, instead, to be quite unworthy of the roles they fill.

OUR



BETTERS?

THE social scene is strewn with the wreckage of several cherished institutions following the wake of the blizzards of permissivity, sexual enlightenment, and now the legally determined equality of women. Among

that shambles, however, one phenomenon continues to float, regardless of all the attacks that have been made on it. Class differences are still with us, partly disguised under other labels, but class just the same.



A lot of stuff and (with emphasis) nonsense has been talked and written about this peculiar social phenomenon known as 'class.' The hot-headed anarchist, at one extreme, and the starry-eyed idealist at the other, could scarcely be further apart in most things, and make the strangest of bedfellows, yet they are alike in this. There should be no classes, they declare.

We are all equal, they proclaim, either in the sight of God, if that is their absolute standard, or supported and backed up by all sorts of abstruse 'scientific' evidence, if they march to that particular beat. Their watchword is 'The classless society.' Well, we all know the tremendous havoc George Orwell did to that notion in his book 'Animal Farm' and by his now proverbial phrase, 'All pigs are equal but some are more equal than others.' Of course, Orwell was concerned to be bitterly satirical, but his standpoint is, in cold fact, quite impregnable. No matter what we 'believe,' whether we like it or not, in any reasonably sane and open society some degree of stratification is inevitable. It is a matter of choice, up to ourselves, whether we recognise that such division into levels is to be called 'class' or not.

Unequal

We are not all alike. That much is so obvious that it hardly needs saying. In fact most of us would agree that if we *were* all alike the result would be a very dull and dreary old world indeed. Differences exist between us, inherent in the way we are born and mature, and where, and at what time. Given that one simple fact, all the rest follows. A person will tend to seek out, associate with, and befriend those other persons who most nearly resemble himself in manners, opinions and tastes. And right there, at once, you have a self-selected group, different from all the other groups. Inevitably and quite quickly such groups will develop their shared interests, will take steps to protect them and preserve them, and will value them. And right there you have a class system.

Following immediately on the heels of that, because some people are smarter, more intelligent, better endowed than others, you will have levels. You'll have the highers and

the lowers and the in-betweens, and then all the multiple and complex relationships between them that we know today and which have *always* been found in *all* societies. In other words, the phenomenon of class difference is a fact of life, something we have to learn to live with, not something that can be disposed of or abolished by edict or argument.

Divisions

Even in our nudist society, which is the closest thing you can get to being classless, there are still differing levels. People will choose, so far as they can, which club they will belong to, and what kind of other people they prefer to consort with. In addition there will always be those who itch to lead, to take on responsibilities, to run things—and there will always be those others who are quite content to be led, to let them get on with it. In our case, of course, it is no great burning issue. We are a reasonably contented bunch of people on the whole. But the phenomenon exists just the same. So what we ought to be doing, instead of deploring the fact and wishing it would go away, which it won't, is that we should be studying the fact carefully, to understand just what is involved. It is important that we do this, because the general pattern of our social class structure has been taking a fearful hammering just recently. Referring back to the anarchists and idealists I mentioned earlier, they are probably delighted with this, thinking that 'class barriers' are being swept away. But they will inevitably reform, and if we fail to understand just what is going on, that new shape may be something we won't particularly care for.

I'm old enough to have been brought up in a world where class divisions were much more distinct and clear cut than they are now. We of that generation may not have been told in so many words that those 'above' us were better than us in some way or other, but it was a firm understanding that we just accepted as given. As I was born the son of a coal miner and grew up in a small coal mining village in Durham, there were an awful lot of classes above mine. Some of them, of course, were hazily remote, like royalty, people with titles, and millionaires, but there were others







much closer, more visible. And one tended to assume, automatically, that they were either fortunate enough to have been born into their station of high wealth and position or they were endowed with special skills, gifts and intelligence. One way or another, they were 'above.'

Of course I have grown up somewhat since then and the haloes have blown away like mist in the morning sun, but there remains still that residual suspicion that any man in a better 'class' than myself must have some talent or quality, some kind of gift that I don't have. Not *all* of them, naturally, but mostly. The word I'm working up to is 'respect.' I tend to respect anyone who has achieved a degree of solid eminence in any craft or profession. I tend to think that he must know what he is doing, that he has to be some kind of expert. I have reason to believe that the same instinctive acceptance is shared by most people of my generation. And this is no bad thing when you examine it. We all need some kind of ideal, however mild; someone to

respect, to admire and look up to. And depend on. If I'm sick I go to a doctor, sure that he will know just what is wrong with me and what to do about it. If I'm lost, I ask a policeman. He'll know. If ever I'm stuck with a problem outside my competence I know that there is some expert somewhere who will know what to do about it. Such feelings are reassuring.

Society, as William James explained, works because each member of it goes about his business secure in the knowledge that everyone else is doing the same. Unfortunately that general acceptance has been pretty badly mauled over the past few years. It hit the headlines first in the U.S., where there has never been quite the same degree of acceptance of class as we have here. They have long believed that a certain amount of graft and corruption is inevitable in high places, but the recent spotlight glare of Watergate and its associated skullduggery seems to have broken entirely all respects for authority. The result is not pleasant to see. The same process is



Two girls who find accord in nudity, however divided in personality.







happening here, not nearly so swiftly or spectacularly, but probably all the more dangerous because of that. There are many different ways of knocking the props out from under 'respect,' not all of them spectacular. When a government minister, customarily called an 'honourable gentleman,' is accused of consorting with known prostitutes and perverts, and denies it on his honour, and is subsequently proved to be a liar, that is pretty spectacular.

But when various eminent statesmen and politicians appear on our TV screens and make categorical statements of intention, and are then seen to go and do exactly the opposite of their promises, with no word of apology or regret, the effect is more subtle. When we hear and read of sordid sex-squabbles among the rich, or when we see high and mighty names linked with shady business deals, and no way of ever getting at the plain truth, that is another subtle blow to confidence. The type of incident that shakes me more than anything is the revelation of simple stupidity in the wrong place. When Mrs. Rose Heilbron, High Court Judge, gave as her verdict that a certain young girl should *not* be sterilised, I was profoundly shocked. Not, I must explain, because I think the verdict wrong. Quite the reverse. It was the right verdict, but for the wrong reasons. Sterilisation, like execution, is so very final that it should never be done except as the utterly last resort.

Misuse of language

But Mrs. Heilbron gave as her 'reason' the statement 'It is a woman's right to be able to bear a child,' and that is such flagrant nonsense that I still find it hard to believe it was spoken by a person of education and intelligence. 'Rights' are conferred, not inborn. Potential is something else. I have the ability to clench my hand into a fist. I *do not* have the right to thump someone on the nose with it. Or, staying within the area under review, if every woman has the right to bear a child, then every man has the right to sire one. You can't have one without the other. A stupid misuse of language could be forgiven from any one of the unconscious comedians who pontificate in the pages of our newspapers,

but it should never have come from a High Court Judge. One can only suppose that Mrs. Heilbron allowed herself to speak as an emotional woman rather than an educated intelligence. Hardly admirable. Cold comfort indeed to all those women who, by no fault of their own, are barren, or who are never likely to meet the right man.

Wrong equations

And it is more disturbing still to realise where such flights from reason can take us. They get us into a society where, abandoning intelligence and common sense, sex becomes synonymous with sin, passions and emotions make nonsense of sense and sensitivity, babies and wives get bashed with dismal frequency, rapes and muggings abound, and people blow each other to pieces with bombs in the name of religion. And nakedness is instantly equated with nastiness, to our great misfortune. How can anyone possibly sustain any degree of respect for those in authority over us who declare that we are 'queer' simply because we enjoy being naked, and sane—and healthy?

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A NEW BREAKTHROUGH

There has never been, until now, anyone of repute willing and able to undertake a serious investigation into the possibility of increasing the size of the penis. The medical profession has always scoffed at both the desirability and the possibility of achieving this.

The desirability is surely the choice of the individual while the possibility is obvious, when one thinks about it. An erection is produced from the stimulation, transmitted from the brain via the appropriate nerves, causing the penis to be liberally charged with blood, which in turn causes it to expand and stiffen.

Basically speaking, to enlarge the erection it is necessary to stretch the blood flow and to stretch the erectile tissues of the penis to accommodate the extra blood. These are the two most important problems successfully solved by Dr. Robert Chartham, during his lengthy investigations.

THE MAN RESPONSIBLE FOR THE DEVELOPMENT OF THE CHARTHAM METHOD

Dr. Robert Chartham is the author of a dozen books on sexology with world wide sales of over 9 million translated into eleven different languages. He has been a sex counsellor for 40 years and has his own clinic in London and has his own clinic in London and has his own clinic in London. He also lectures on sexual psychology at many British Universities, has spoken on television in both America and Britain and was the pioneer of sex education for teenagers in the UK.

THE FACTS ABOUT THE CHARTHAM METHOD

Dr. Chartham's interest in the possibility of increasing penis dimensions caused him to investigate such alleged methods as were already in existence. To this end he was able to call on the assistance of a number of men who have helped him in other experiments.

His initial research showed that the fantastic claims made by many of these methods were backed by no concrete evidence whatsoever and experiments proved them virtually useless. However, two methods did succeed in producing some improvement - the Magnaphall Course and the Vacuum Developer.

The improvements gained by the former were slight but permanent and also resulted in a much firmer erection.

The Vacuum Developer produced considerable improvement, but only considered a temporary 'nature'. Various models of these were tested but some were found to be positively dangerous in use, with the result that Dr. Chartham decided on one of his own design.

He next tested these two methods in conjunction with each other and achieved considerable success. Further research enabled Dr. Chartham to incorporate additional improvements in order to combine them to the best possible advantage. The result was an entirely new method of penis development.

He then conducted controlled tests with 15 men of varying age groups. The following results are exactly as stated in his report:

Of the 15 who took part 3 were aged 21, 23 and 43 respectively. 4 were between 28 and 35. 5 were between 40 and 45 and 2 were 51 and 54 respectively. The 21 and 23 year olds added up to $1\frac{1}{4}$ in length and $\frac{1}{2}$ in girth. The 24 year old added 1 in length and just over 1 in girth. The 28 to 35s added between $\frac{3}{4}$ to 1 in length and between $\frac{1}{2}$ and $\frac{3}{4}$ in girth. The 40s to 45s were within the same limits, though one added $1\frac{1}{2}$ in length and an inch to girth and an year old added $\frac{3}{4}$ in length and an inch to girth, and the 54 year old put on $\frac{3}{4}$ in length and just over $1\frac{1}{4}$ in girth.

A latecomer to the tests was a man in his early 60s whose measurements were already 6 $\frac{1}{2}$ in length and 5 in girth, yet produced the surprising results of 1.3 in length and 0.7 in girth by the time all had completed the course, though he carried it out for one month less than the rest.

These results are even more amazing than at first appears. First, there was not a single failure in any age group. Secondly, the increases both in length and circumference are quite remarkable when one considers them in perspective. To appreciate what an increase in girth of $\frac{3}{4}$ means, take a tape measure and cut the end over to make a circle of 4 $\frac{1}{2}$ (roughly average penis circumference) then move it out to 5 $\frac{1}{2}$. The difference in ruler against be shown by holding a ruler against the length of your own erect penis and imagining another 1 added.

SOME QUESTIONS AND ANSWERS ABOUT THE CHARTHAM METHOD

Q. Why should a man wish to increase the size of his penis, when all the books say that size doesn't matter?

A. It is a fact that the size of a man's penis does not physically affect his sexual performance or his ability to give satisfaction to his partner. Dr. Robert Chartham has for over 30 years attempted to convince worried men that their feelings of inferiority were unfounded. However, the recent fact that psychologically the conclusion that a man's penis is of vital importance to him and that no amount of assurance will convince the underdeveloped man that he can be as equal to his more well endowed neighbour. Neither is it possible to convince the average man that a larger penis will not woman that he more sexual enjoyment. The penis is the symbol of masculinity and any fears as to its dimensions being inadequate can be extremely damaging to his sexual confidence. On the other hand, this man who is well endowed in this respect has every confidence in his lovemaking.

Q. What does the Chartham Method consist of?

A. The Chartham Method consists of the course manual, containing detailed and illustrated instructions and to the exercises, manipulations and massage together with the Vacuum Developer, which is used in conjunction with these. There are no drugs or medications. The instruction manual has been written by Dr. Chartham himself in clear and concise language making it simple for anyone to follow. The specially designed Vacuum Developer is made of clear material so that you can actually see the penis expanding during use. This

model has been specially constructed so that no harm can be done to the penis by its use, according to the instructions. The course needs to be carried out for 12 weeks in order to obtain maximum results.

Q. How does the Chartham Method work?

A. Expressed as briefly as possible the rationale of the Chartham Method lies in stimulating the circulation to increase the supply of blood to the genital region, in promoting the elastic and expansive properties of the vascular tissue of shaft and glans, and in enabling the subject to achieve voluntary control of normally involuntary muscle action.

Q. Are there any side effects to the Chartham Method?

A. Yes. Use of the Chartham Method invariably results in a stronger and firmer erection and the great majority of users report that they are able to hold an erection for longer periods than before taking the course.

Q. Is the Chartham Method suitable for me?

A. Yes, if you are in a reasonable state of health and wish to increase your penis dimensions. No, if you suffer from heart trouble or any condition whereby you cannot safely indulge in moderate exercise.

Q. What is the cost of the Chartham Method?

A. The total price is £10.00 including postage. All orders are dealt with in return post.

The instruction manual is printed in English, German, Italian and French.

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15C.





LET'S

HAVE

A

**BY
ROBIN
BLACK**

DEMO!

Ours is an age that has popularised the public demonstration as a powerful means for achieving political and social ends. Robin Black wonders how the same would work for naturism.

THE way to get anything in this day and age appears to be to strike, or have a 'demo.' Obviously, naturists can't strike, but can they or could they further the cause of, say, free beaches by 'demonstrating' in the usual manner: parades, banners, mass meeting and just about anything likely to draw the attention of the great General Public to the problem.

There are some, possibly many, possibly only a few, in the naturist movement who, fed up with dilly-dallying and almost despairing after the failure of the campaign which was intended to bring local councils round to

the idea of free beaches, think that the time has come for action. In other words, time to organise demonstrations.

Before we get too enthusiastic I suggest that we might better cool down and think about what has happened in the past and what the position is today.

If one cares to look back down the years, seeking information about 'nudist' demonstrations, we may find a few surprises, the biggest being, to most of today's nudists, the fact that there have been organised demonstrations in the past.

There was one, given quite a lot of publicity, which was to have taken place in Hyde Park. Not many people turned up, for nudism was still a very secret society in those days. And, of course, the demonstrators were fully clothed, to the disgust of the reporters who had turned out in force. They had to be contented with a few sarcastic comments on beards, sandals and 'nut-chewers.' In the 'movement' there was at least one inquest; the organisers felt let down and, typically, everyone blamed everyone else. I remember (just about) what one of the leaders said to me years later on: 'It was too soon. The time will come when this sort of public 'attack' will be useful.'

Loss of support

Years afterwards someone 'leaked' the story of a nudist 'demo' which was to be held in Essex, on the coast. It was planned for a Sunday but somehow it did not come off. I have never understood why, for several of the larger clubs had pledged their support and both time and place were suitable. But it was a flop. So much so that it didn't rate more than a few lines in any national newspaper. And—those who did turn out were very reluctant to strip.

There have been other attempts to organise mass meetings, even parades. Most of them have been unsuccessful, if the object of the exercise has been to 'convert' the General Public. My own opinion, with which I know that many naturists agree, is that they have been time wasted. In other words, I have come to the conclusion that demonstrations may be useful for some purposes—and we all know that they have ranged from 'Ban





This South African girl was introduced to nudism at Eureka Sun Club, where the picture was taken.

The Bomb' to 'Smith Is Innocent'—they can serve no useful purpose in furthering the 'cause' of naturism. I will qualify that by adding 'in this country,' for we have received reports recently of demonstrations said to have been effective in other parts of the world.

A myth

Before we consider the successful demonstrations let's give a few moments to the 'flops.' A couple of years ago a proposed 'march' by Italian nudists was given world-wide publicity. Many of us were puzzled by the announcement especially when it claimed that there were at least ten thousand nudists in Rome alone. For years we had been told that no nudist society could possibly exist in Italy, and we knew that nudists from that country usually went to Switzerland, France or Germany for their nudist activities. The story of the 'March on Rome' died, with no explanation. Had it been just a silly season story cooked up by some journalist who was hard up?

This may have been the case, for in recent months several stories have found their way into print which are so similar that those who follow world news are bound to be suspicious. I refer to those stories which tell how naked bathing has suddenly become so popular that the police have been unable to take action. That story has come recently from the U.S.A. (the Truro district, where there is a small official free beach and where attempts have been made to expand), from several parts of the Mediterranean coast, and from South Africa!

The story could go on, for it seems that from time to time enthusiastic nudists feel the urge to spread their gospel and sincerely believe that an effective way of doing this would be to put their 'wares' in front of the public. No doubt they mean well. I believe that most of them do think that the General Public will give in to their blandishments just as they do to the goodies offered in Press and Television advertisements. They cannot see how wrong they are; they ignore the fact that in spite of the so-called 'permissiveness' of today, and the evident wish of many people to see the opposite sex naked (as witness the success of the much publicised stag and hen





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parties at which members of the public pay good money for a fleeting glimpse of the genitals of the performers) nakedness is still, to most people, 'indecent.' Most of them want no part of a movement which basically 'goes naked.'

A surprising number of the public just do not realise that nudism means total nakedness. One reason for the failure of the flood of 'N' films which went the rounds some years ago was that they were not nudist—the performers either wore scanty garments or posed very carefully.

I have heard the same criticism about 'Open Days,' which are demonstrations of a kind. Members of the public expect to see nudists carrying on much as they would at any time and are disappointed when they find that nakedness is barred. This may not apply to all open days, but I am assured by a legal 'expert' that the defence that visitors knew what they were likely to see would break down if only one of them complained. And there's always a chance that the odd objector might find his—or her—way in.

Of course, not many of us think of open days when we consider 'demos.' We think of large numbers of people parading, usually carrying banners and only too often making a noise. Does anyone really think that we *could* stage that sort of show unless we agreed to be 'decently' clad? And—unless the demonstrators were naked—what would the point be? If any of my readers wish to argue the case I'll be glad to hear from him, or them. I have discussed the problem often enough and for long enough to have made up my mind.

Final authority

If we agree that we cannot hold orthodox demonstrations, and yet we believe that it is time we put our case before the General Public, how can we set about it? First, perhaps, why should we wish to influence public opinion? I believe that we must if we are ever to get those free beaches that most nudists want. The attitude of the 'powers' (in this case the local councils) depends on what the mass of the electors think. The Home Secretary may tell them that there is no legal objection to nudist beaches, but the last word

is still with the local elected representatives, and they go the way the electors wish them to go. They know that if they don't the next election will see them out of office. So what do we do?

Identity with public

I believe that we should carry on much as we are, perhaps trying a bit harder to get on good terms with our neighbours. Some of the clubs have set a fine example by supporting community activities, showing that in every way we nudists are just about the same as other people. This 'mix-with-'em' plan is so old that it is surprising that more of the clubs don't encourage it. And—dare I say it?—there's still far too much of the 'superior' types fraternising with the locals. We have to show that we are just ordinary men, women and children. I have said above that the 'mix-with-'em' plan is old. Let me end with an example. Many years ago members of one club in the depths of the country used to drop in at the local. After a few visits they were accepted by the regulars. It went no further. They made no converts. But they demonstrated that they were just ordinary people. That's the sort of 'demo' we want.

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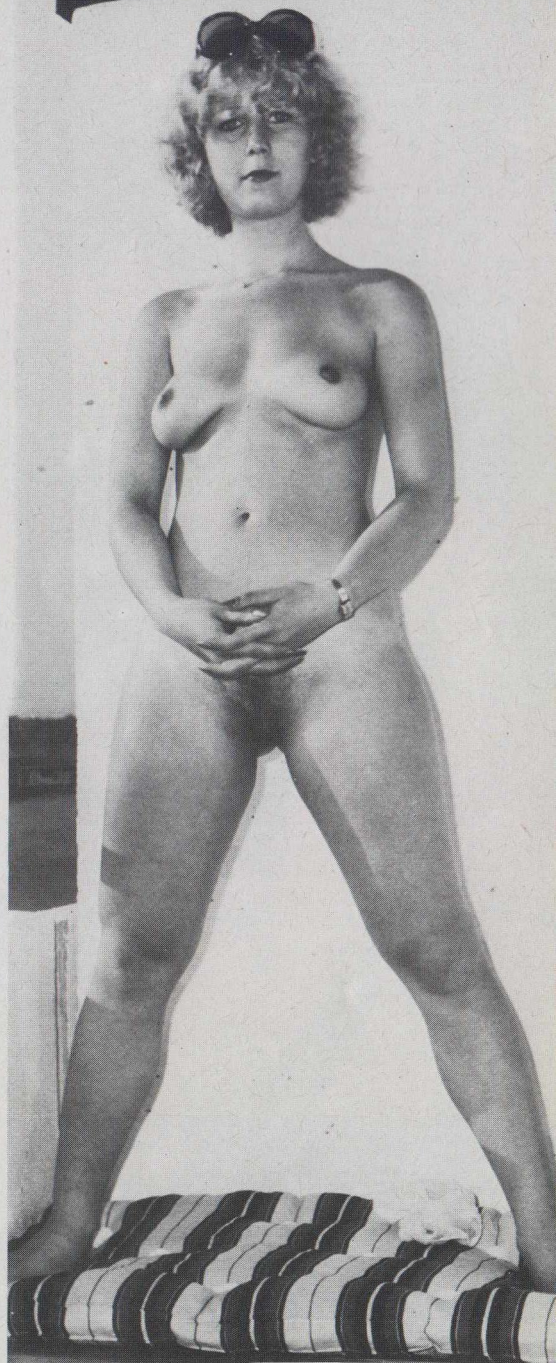
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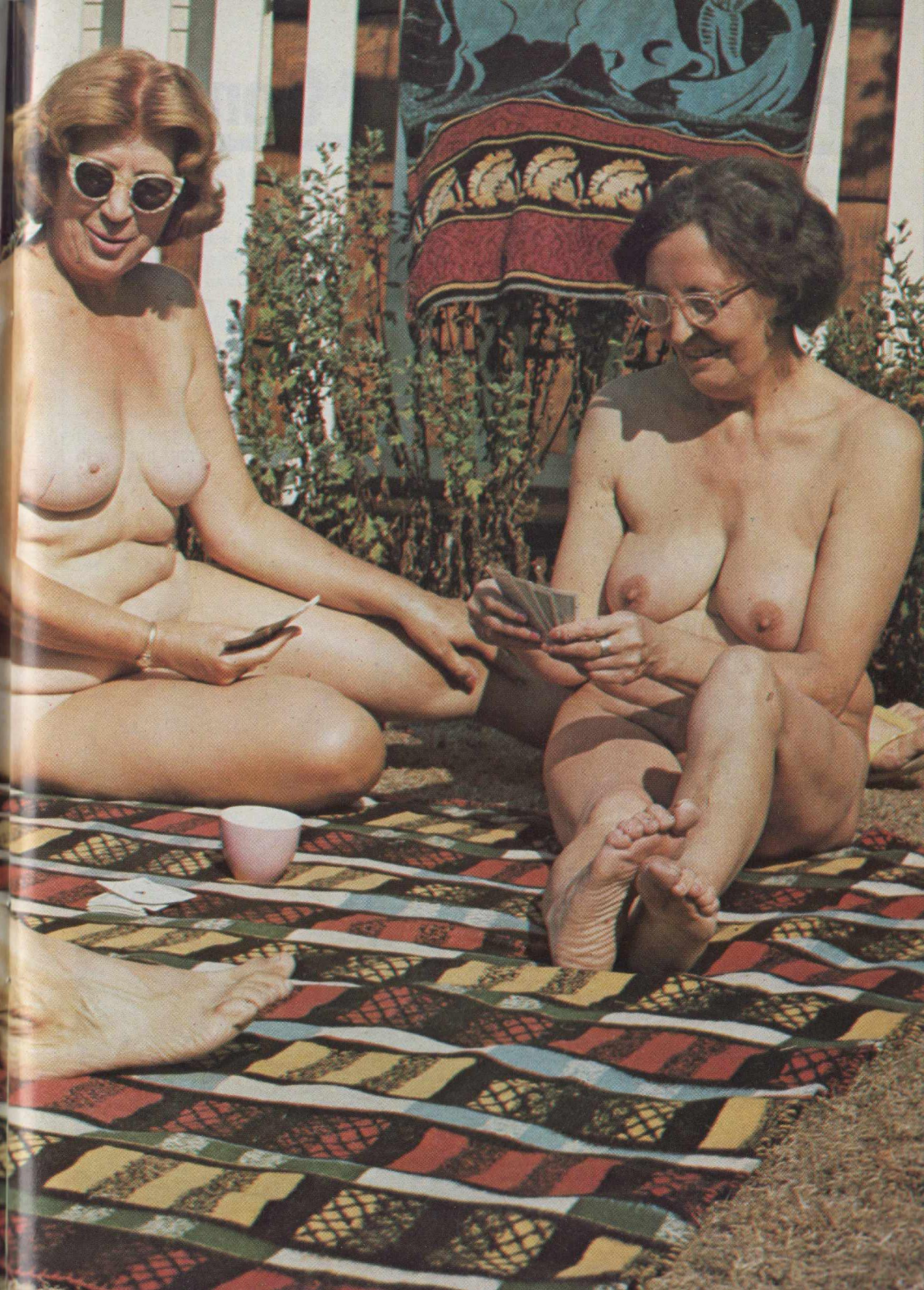
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A nudist who is making a demonstration of her convictions.





Readers' Photo Contest



Murray James

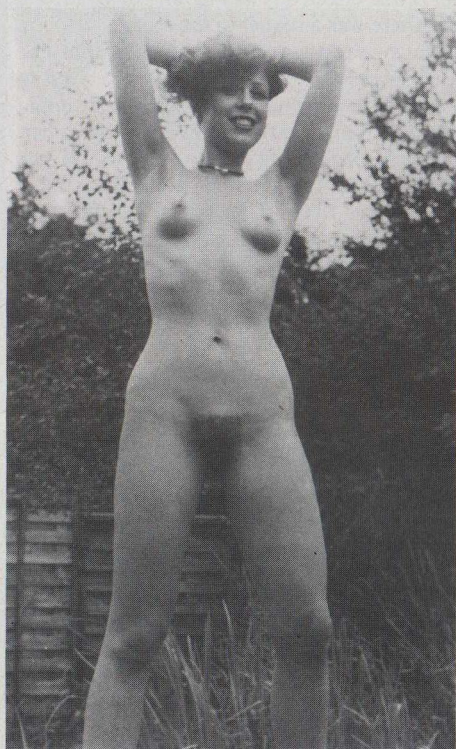
THIS month, two girls and a boy. The latter does not suffer from unfair competition for I have no hesitation in awarding his photographer first prize. The second place goes to the lass with her arms clasped behind her head and a broad smile on her face, and third to another arms-raised girl, but this time with no smile on her face.

Notice how the first and second prize winners are taken from an unusual angle. The first prize is taken from about knee level and this makes it distinctly different. Despite the close-up position and the inevitable distortion that results, there is no fall-off in sharpness and I assume the author owes this fact to the depth of field propensities of his 35 mm camera.

The second place winner has had to pay for whatever pictorial advantages the low-

angle approach has given him. From about waist up the picture is out of focus. This happens because being so close to the subject there is little depth of field. Although in this case the result is not too bad—I have often done a lot worse—I think the photographer should pay more attention to the value of fine focusing. An absolute must when using, say, a twin-lens reflex $2\frac{1}{4}$ square camera. And what about that light flare, like a halo round the girl's head?

Finally, the picture placed third. Notice how the wide angle of the arms is not as attractive as the position of the model placed second. The spread of the arms destroys the unity of the figure. Something which is avoided if the elbows are brought together as in the second place winner's picture. And do girls not shave under the arms these days?



Picture left, as second place, suffered from poor focusing.

Third place winner (above) is much too studied in conventional glamour style.

● PHOTO COURSE

Apart from hiring a professional model—which is an expediency generally beyond the capacity of the average photographer's pocket—there is a need for finesse and style to be employed when seeking the alternative. Murray James gives some hints on how to approach the elusive quarry with photogenic propensities.

LAST month we took time out from a strictly technical course to discuss the problem of how to get a model. There is more to say on this subject. I make no apologies for continuing to discuss this matter because I know, both from my own experience and from letters I have received from other photographers, just how difficult it can be.

So far we have discussed asking girls you know, but how about ones you don't? Almost impossible, you say. Well yes, almost, but not quite. The total stranger we will come to later, but there are girls who may be described as neither friends or strangers. They are the ones who perhaps live near you or whom you meet at some club or organisation. In other words, you know each other by sight. This is where you should try your luck next. Again, it is a question of knowing exactly what you are going to say, saying it and then holding your peace. Always give the girl time to think it over. Never demand an answer on the spot. If you do, it will almost certainly be 'No.' Give her your telephone number. Ask her to ring if she is interested.

Now the complete stranger. Like the girl you glance at in a queue or in the train or 'bus. Frankly I have never had the courage to ask right out. I think my chances of success would be practically nil, anyway. Imagine walking up to a girl, shivering and bad

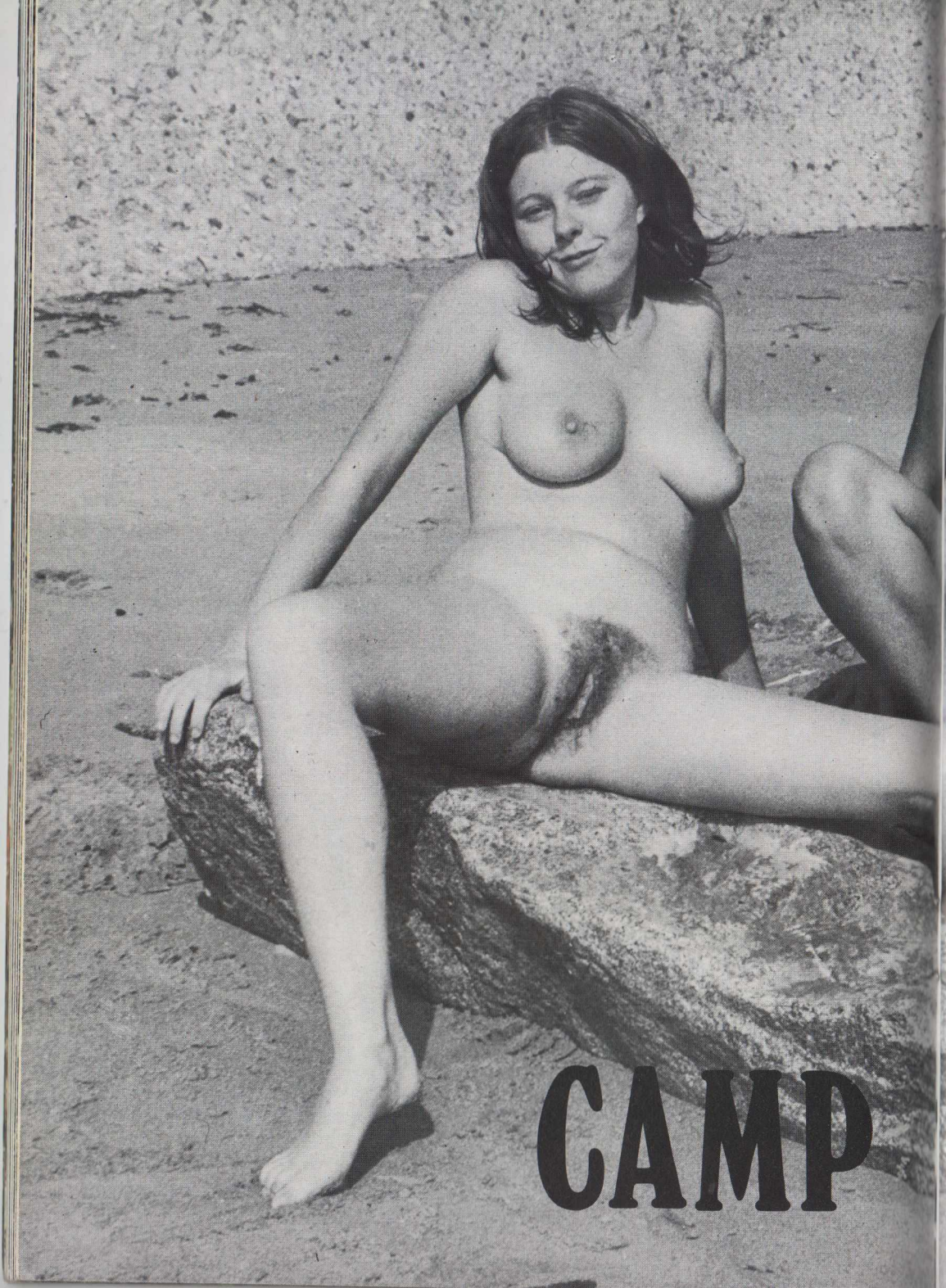
tempered, in a bus queue, and saying right out: 'I'm looking for a model. Would you care to pose in the nude for me?' I can imagine the answer you are likely to get. I came near to doing this once. I walked up to a perfect stranger in a pub and asked right out just like that. But then I'd had a few drinks. She laughed in my face and then turned back to her drink, effectively ending the conversation. But there was a sequel to the story.

But one way out of the difficulty that I've used successfully is to type your query on to a card with your name and address. It might say something like this: 'I'm a photographer. I couldn't help noticing you and would you like to model for me. I pay well. Ring me at the number over.' Sometimes you will hear no more, but now and again the girl will ring, even if just out of curiosity. You see, by telephoning, she doesn't commit herself. You don't know where she lives or anything about her. She knows that, and will talk over a 'phone where she might not person to person.

Oh, the sequel to the girl in the pub. At closing time she approached me, pressed a card in my hand. 'Ring me at so and so,' it said. It worked.

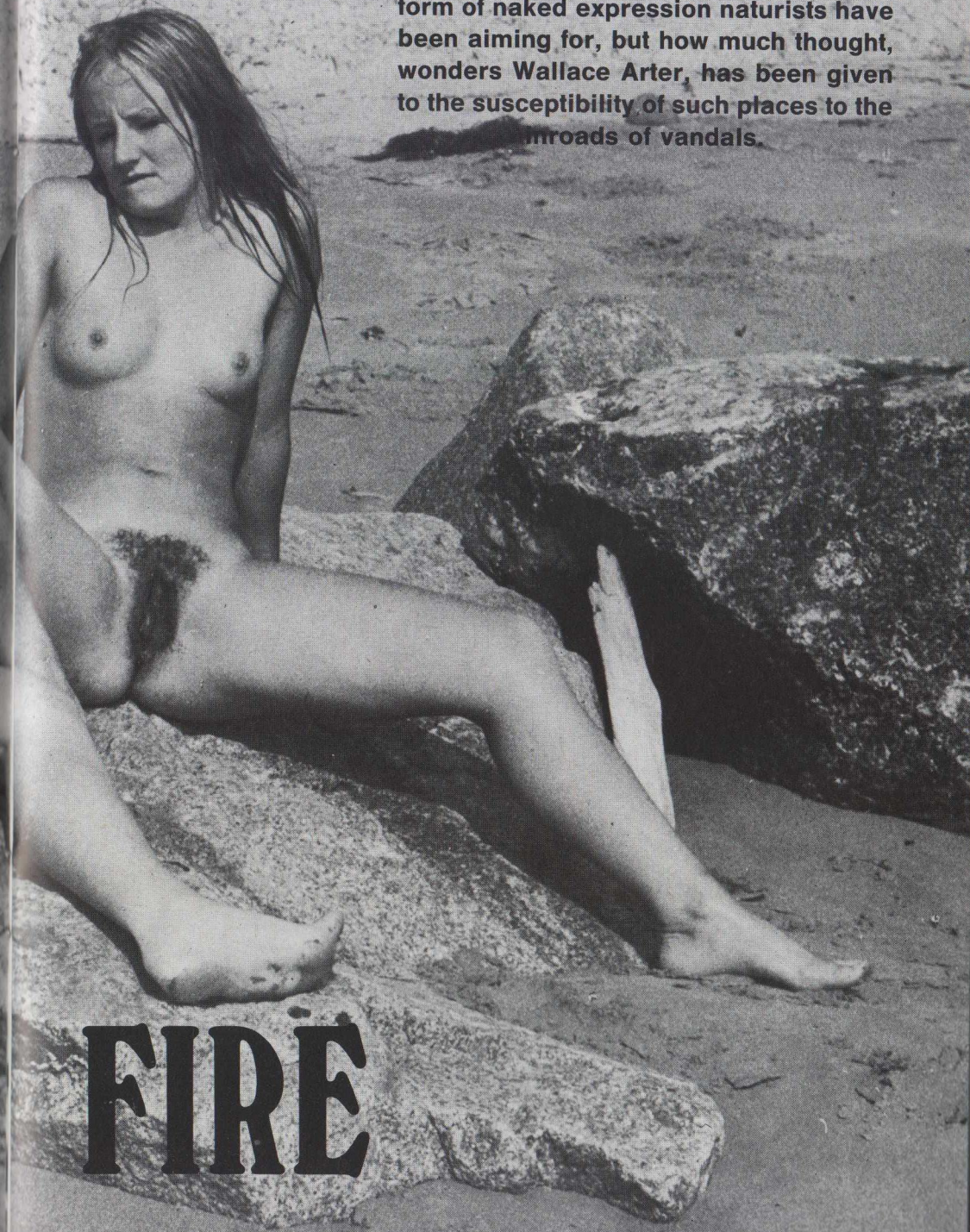
Murray James





CAMP

Free nudist beaches may be the ideal form of naked expression naturists have been aiming for, but how much thought, wonders Wallace Arter, has been given to the susceptibility of such places to the inroads of vandals.



FIRE





SOMEHOW I have got myself into the middle of several arguments about 'policy,' most of them something to do with free beaches.

In a letter from 'Old Stager' who takes a pessimistic view, came the story of just about the very first attempt at nude sea bathing in this country—back in the twenties. 'Old Stager' says that a little group of men and women who 'used to camp near Dymchurch' often used to swim naked—at night. They didn't dare to risk it in daylight—they knew the attitude of the locals too well. But their after-dark fun and games went on for a long time and they often talked about 'defying' local customs and venturing an occasional daylight swim. But—and here's the source of 'Old Stager's' pessimism—one moonlight night a 'gang' of people from one of the towns turned up, stripped down and started running around on the sands, shouting and bawling. Then the newcomers lit a bonfire on the beach and, running short of firewood, raided a stack of deck-chairs and burnt them. Not unnaturally this attracted attention and 'all hell broke loose.' The result was the setting up of an unofficial beach patrol—and the end of the night bathing of the O.S. group. 'I reckon,' he wrote, 'that this could happen anywhere in this country, even if the 'free beach' did have the blessing of local powers. There'd be objectors and, as the law stands, the authorities would be bound to take action. No, my friend, the spoilers are everywhere.'

I don't underestimate the danger but I don't quite share 'Old Stager's' pessimism. In my opinion free beaches are a possibility at some time in the future.

Social comment

Another argument is about something very different. Some time ago, referring to the 'strippers' and, more particularly, to their audiences, I quoted 'Ally Sloper' as saying 'A dirty mind is a joy for ever.' I seem to have been more topical than usual, for a book appeared at about the same time as my article and dealt with 'comics' past and present. Among the almost-forgotten comics was the one which featured Ally Sloper (I think it was called 'Ally Sloper's Half Holiday.') Nothing

could have been further from nudism, and what was 'dirty' in those days would pass unnoticed today, but my reference to the Micawberish Sloper evidently rang a bell with some of you. It's odd that we should have passed into an age when everyone likes thinking back to the past.

Another reader wants to know how many



of the 10,000 (or is it 50,000) nudists of today still prefer the old style 'camping' club—the places with hardly any modern conveniences, where one does at least get some way towards being 'back to nature.' I've had several letters about this matter. I don't think there is any doubt that most of today's nudists prefer the modern, well-equipped type of club. Most of

Is there a place
for the natural
pool in Club
nudism today?



them would not, I fear, make a second visit to the old type club which was really rough and tough. But, and this is worth remembering, there are still *some* who feel much as the pioneers did, and not all of them are middle-aged or elderly. But why have the old ideas faded away—why does the average nudist of today demand every possible modern convenience, why is he (or she) so far from 'back to nature' that all they really ask for is a luxury country club, plus nakedness? If that sounds as if I am condemning the luxury clubs, I am sorry. How could I, for they are what the nudists of today demand and, what is important, are willing to pay for. Several of you have referred to the 'dwindling band of survivors—the camping nudists of fifty years ago.' I agree, the band is dwindling, but only if the figures are matched with those of the 'other' nudists. Why should this be? My own opinion is that it is because most nudists come from the large towns—the centres of population. To them the very thought of 'roughing it' is abhorrent. But still the few opt for the old *poor* clubs. I think they'll survive.

Abstinence

Then this matter of smoking. 'I remember,' wrote a man from Leeds, 'when every club had 'No smoking, no drinking' rules. I remember how you used to 'chip' some of the members who used to nip off into the bushes for a quiet 'drag,' and those who went for an evening walk. I believe you even named a certain pub not far from Watford which was the favourite goal of these evening walks.'

With the latest Government anti-smoking campaign, are the clubs likely to reintroduce the rule? I can't answer that one, it's up to the clubs. As for the no drinking rule—what can one expect when drinking in the clubs and elsewhere is referred to as a 'civilised habit?'

Yet another reader—a man who says that he dropped out of naturism some years ago when he took a job abroad—asks me what I think of 'loyalty.' He says that for some time after he left this country he kept in touch with several members of his old club, but he made new friends and found new interests and 'regrets' that he lost touch. Now he's back home, has been welcomed by three or four







old club mates, but has a feeling that they couldn't care less. I wonder what he expects? That's life, and I expect most of us have experienced much the same thing. I sometimes think I am lucky, as I still have friends in many parts of the world, men and women I have never or rarely met, but who keep in touch, out of loyalty. Of course it cuts both ways. Perhaps if my correspondent hadn't slackened off during his absence abroad he would have been given a warmer welcome when he returned. There's something else, too. Time marches on and the friends of thirty years ago have kept in time with a world which may be very different from that of the exile.

But loyalty is something worth cherishing, no matter whether it be to the club, to one's friends and relations, or to a 'movement.' Without loyalty not many of the clubs of today would have survived the birth-pangs. I am sure many of those who worked hard to build up their club will be nodding their heads in agreement.

What do I think of male strippers? asks a young reader who is proud of his physical development and, I suspect, looking for a chance to make a little on the side. The short answer is: 'I don't,' or perhaps I should add: 'if I can help it,' for one can hardly avoid reading about them.

Home craft

Does your club go in for craft work? I ask the question because I have been reminded that at one time 'making craft goods' was a popular way of making money, or trying to make some, in the movement. I met a good many of these 'arty' people myself and I even knew one or two who made a little money. I also met one or two who had thrown up good jobs to become 'professional nudists' and tried to make a living by producing and trying to sell all sorts of oddments. Most of them failed—and went back to work.

But the other day I met an elderly man, one-time member of a famous club, who had kept up his craft work. He went in for wood carving and showed me some extremely fine samples. He had written to me, having found out that I lived quite near to him, his reason being that he needed a bit or two of seasoned

hornbeam and thought I'd be able to help. Thanks to the January gales, the litter from which still lies across the county, I did know of a couple of hornbeams. His second request was for boxwood and that defeated me. But, and this is why I mention the matter, my old friend tells me to recommend wood carving as a hobby, one which *can* be profitable. I pass on the tip, but please don't ask me to find unusual trees for you.

Rabies scare

And now—dogs. The rabies scare has brought them into the news again and in consequence has worried a lot of dog owners. I am fond of dogs and have owned one or two for most of my life, but then I have almost always lived in the country. I agree with those people who demand regulations to control dogs but somehow I can't see the proposal to provide canine 'loos' (as has been done in Paris) catching on in this country. More to the point is the annual plea from naturists who are dog owners for the clubs to lift their ban on the animals. (I know, there are clubs which don't apply this ban.) I think those who think that their pets, invariably well-behaved, quiet and house-trained, should be treated as special cases should think again. I feel somewhat strongly about this, for I have seen too many upsets, in the clubs, caused by the presence of 'harmless' dogs.

Here's a final problem for this month, one I can't even try to sort out. 'We have had to increase our annual sub. and also the fee for short visits. Some of the members have been complaining (of course), but one has come up with a stinker. We have two television sets in the club, one black and white and one colour, and naturally we take them into account when calculating our expenses. Now one of our older members has asked that his annual sub. shall be reduced because he 'hates the telly and never looks at it.' I suppose he has a case, but it would set a nasty precedent by cutting down his sub.' I pass. I can understand anyone trying to get out of paying because most of us are feeling the pinch, but I can also see that a precedent might be established. Perhaps someone more clever than I am can find an answer which would keep both sides happy.





SEX HELP IS SELF HELP

Must the menopause in mature women, with all that it entails in physical and psychological change, be endured without relief? Ada Payne examines the question and recommends a course of action that will help women in distress.

MARGARET and I went to kindergarten at the same time; we moved on to junior and high school together and spent all our leisure time together. I was always better looking and more outgoing; Margaret followed where I led, and I naturally came to expect my life would be better than hers. When we acquired boy-friends we discussed our love-lives in great detail and we married within a few weeks of each other. Margaret's reception was a small affair; I had 100 guests. Our husbands became good friends and the four of us spent a lot of time together until Margaret and her husband moved away about 10 years ago. We corresponded for a time but I didn't miss her too much as my marriage had turned out splendidly. I prided myself on keeping my looks and my figure, there were no money problems and as we remained childless (by choice) Alan and I were able to do quite a lot of travelling and generally enjoy life to the full.

Smug satisfaction

I often wondered how the years were treating Margaret and rather smugly supposed she would still envy me as I knew her husband's job was not particularly well paid. Alan, on the other hand, has reached the top of his profession and we seemed to have everything going for us until soon after my 47th birthday things began to go haywire with my health. I became irritable and nervy, my periods were irregular and scanty and I lost all interest in sex. When further symptoms of dizziness and black-outs developed I went to the doctor, who put it all down to the change of life and said all my unpleasant feelings were quite natural at my age. I resigned myself to putting up with the situation for several months, but when I also began to get an awful vaginal irritation, pain on intercourse and night sweats which left me wet and weak I decided something would have to be done and asked my G.P. for a second opinion. He refused a letter of referral at first but I made a nuisance of myself until he sent me for X-rays. Again I was told it was 'just the change' and nothing was wrong with me.

'Alan is a model of understanding and patience and while I was feeling particularly

awful suggested we had a few days' holiday in London and, while dining at a famous restaurant in Soho, we unexpectedly ran into Margaret and her husband.

'The way she looked made me more depressed than ever. Her face was smooth and unwrinkled, her figure firm and upright. She was lively, charming and much better looking than I remembered her. By contrast my skin is lined and crepey, my hair poor and lack-lustre. I'm not overweight but my flesh is flabby, I seem to be developing round shoulders and I look as apathetic as I feel. Instead of feeling superior I felt distinctly inferior. I resented her obvious well-being and couldn't resist making several bitchy remarks about her appearance. She took them in good part and when I suggested she might have had a face lift she answered 'No, something better than that' and exchanged a meaningful glance with her husband. She wouldn't say any more and in view of my horrid behaviour I really couldn't blame her, but have you any idea what she might have meant and could I benefit by the same thing?'

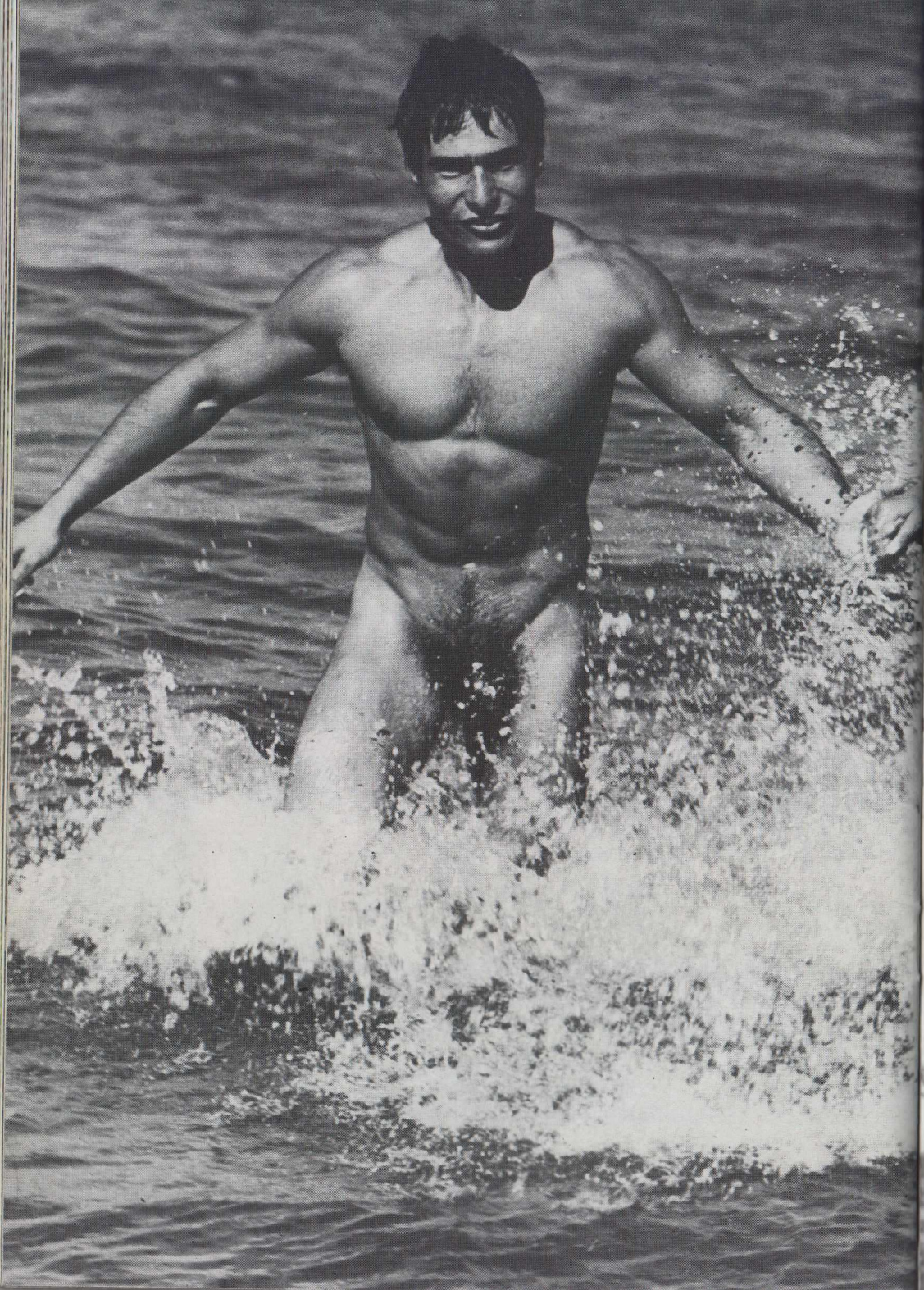
Notes on a letter

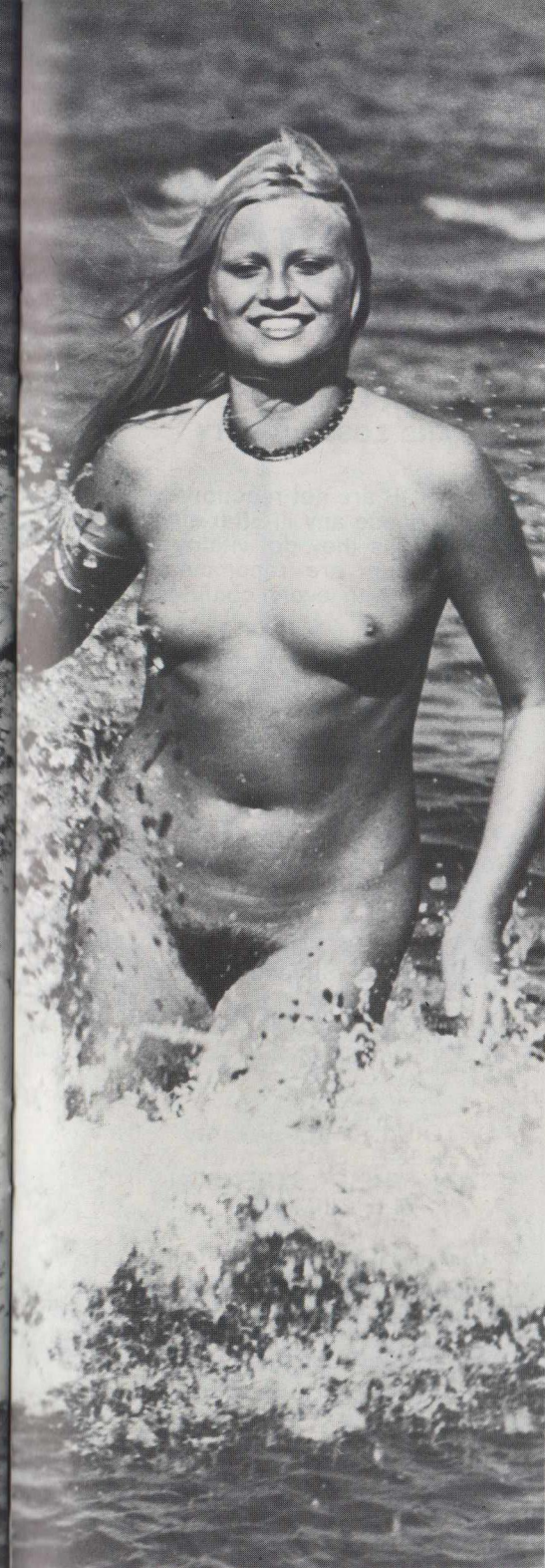
That long letter from a correspondent signing herself 'Linda of Leicester' landed on my desk this week, and while I'm no clairvoyant the situation Linda describes is such a classic example of the difference in health-state between mature women receiving Hormone Replacement Therapy and those who are not that I have no hesitation in saying that is the answer to the first part of her enquiry. Happily I can answer 'Yes' to the second part. The treatment has been available in America for many years and some 80% of gynaecologists are estimated to prescribe it, but only in the last lustrum has it received serious consideration here. This is largely because there is no extra financial reward for G.P.s in the N.H.S. who take the trouble to keep up with new advances in the medical field. Few doctors here have more than a vague idea of what Hormone Replacement Therapy involves, but nevertheless say they distrust treatments which interfere with nature and infer that women should get through the menopause unaided just as their mothers did.











The British medical profession regarded the contraceptive Pill in much the same way for several years but is now prescribing it enthusiastically under the 'free' contraceptive service for which G.P.s get an item-of-service payment. The shortcoming has also arisen because the menopause, like contraception and sexual problems, has been almost totally neglected in the training of British doctors. The objection to interfering with nature is a poor excuse for withholding Hormone Replacement Therapy from menopausal women when millions of their younger sisters are absorbing a daily dose of hormones by way of the Pill. It is to be hoped that by the time those same women reach their own menopause they will be routinely switched to a replacement dosage of natural oestrogen not only to prevent the discomforts of 'the change' but to combat and delay the ageing process that it usually brings.

A breakthrough

To date the spread of knowledge to women themselves on the subject of Hormone Replacement Therapy has been left in this country almost exclusively in the hands of a talented journalist and broadcaster named Wendy Cooper. Being of menopausal age herself, she took a special interest in the subject after writing a feature on the subject for *The London Evening News* in 1973. The tremendous amount of response it sparked off in correspondence from women suffering at least one of the 21 separate effects of the menopause, prompted her to make an in-depth study of the matter. At 52 years of age Wendy Cooper's own youthful looks and dynamic personality show her to be an undeniable symbol of the treatment's success, she is now acknowledged to be such an authority on the subject that she is frequently asked to lecture doctors on it and was the opening speaker at a three-day international symposium on the menopause held in London recently.

She has now set out her findings in a splendid book called *No Change—A Biological Revolution for Women*.^{*} Because it is written by a laywoman in a language and style easily understood by non-medical readers, its contents help women to have a

better understanding of the many problems relating to their physical and mental health which occur when their child-bearing years come to an end. No less a person than Sir John Peel, the Queen's former gynaecologist, has penned a foreword to the book. It includes the words 'I am convinced from experience that Hormone Replacement Therapy can be of immense help to a great many women, but I am equally certain that it should only be made available under very strict medical supervision.'

A possible answer?

Wendy Cooper herself does not suggest that *all* mature women should take oestrogen after the menopause; she merely presents the medical, social and economic arguments both for and against Hormone Replacement Therapy to enable readers to make up their own minds. But now that it has definitely been established that the unpleasant changes which occur in women around the age of fifty are caused by their bodies ceasing to produce the sex hormone which previously plays such an important part in their well-being, it seems only logical to supply it to them in tablet form, providing no dangerous side effects are involved.

Doctors are now permitted to prescribe Hormone Replacement Therapy under the National Health Service, but the problem is in discovering those who are sufficiently knowledgeable and concerned for their patients to do so. *No Change* explains how this can be done. That information alone makes it worth its price, as a bonus it lists all the National Health Service Hormone Replacement Therapy clinics in the country and for the first time prints the full facts, enabling women to choose whether the menopause and all that it involves has to be endured without help.

*No Change—A Biological Revolution for Women, by Wendy Cooper. Published by Hutchinson of London.

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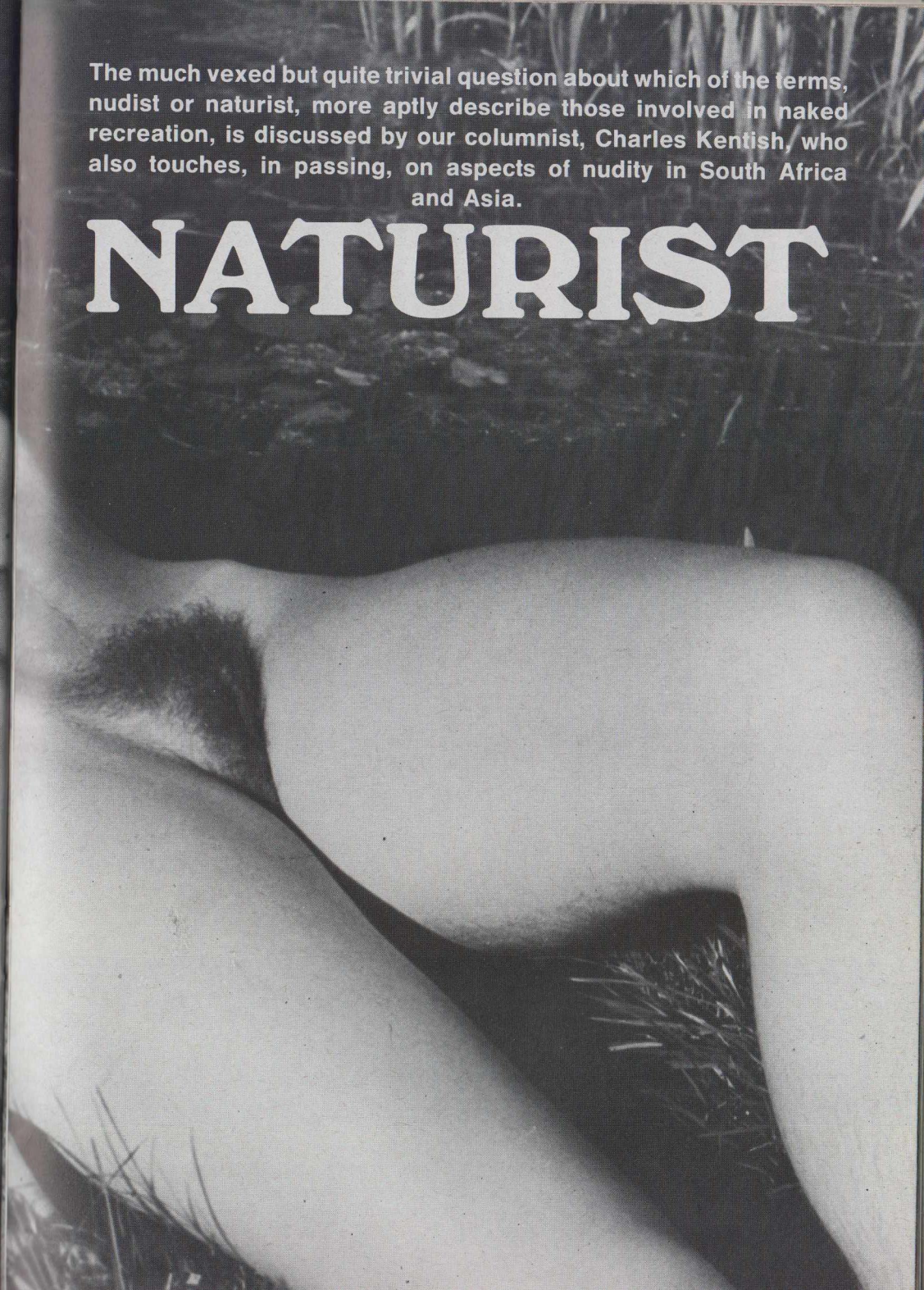


WORLD of the



The much vexed but quite trivial question about which of the terms, nudist or naturist, more aptly describe those involved in naked recreation, is discussed by our columnist, Charles Kentish, who also touches, in passing, on aspects of nudity in South Africa and Asia.

NATURIST







THE old argument about the meaning of the words 'Nudist' and 'Naturist' has flared up again and I have seen some angry letters from people who are convinced that their own reading of both words is the correct one and is quite unchallengeable. And I have been asked to decide: 'In view of the many years during which you have handled news and comment from all over the world.'

Naturally I feel bound to accept the challenge but at the outset, and not wishing to offend anyone, I must say this: I simply do not care which word you prefer, which you use, and which the clubs and the national bodies adopt. I have never been able to see any difference between a nudist and a naturist and I have often marvelled at people who have wasted their time on what I think is a trivial matter.

I had thought, at one time, that the argument was confined to English-speaking people; I now find that others are involved and, I fear, are getting just as upset about the matter as our own countrymen—and the Americans.

As a general rule the Americans stick to 'nudist' and the few bodies which have adopted the word 'naturist' are mainly those which adopt or support 'natural living,' 'health foods' and the 'simple life.' This policy, if it is a general one, seems to me to have much to recommend it, but it is unlikely that other countries will follow suit. Indeed some of them have joined us in using 'naturist' to describe activities which are far removed from what most of us mean. 'Nudist' does have one advantage over 'Naturist'; it is unlikely to be mistaken for 'naturalist.' This has happened in the past, to the embarrassment of many people, including, I am told, one noble Lord!

Trivial

As far as my own writings are concerned I propose using the words as sharing the same meaning. I repeat—the matter is so trivial that it is not worth bothering with, and certainly not important enough to be allowed to break up friendships. (Yes, this *has* happened in the past and I understand that memories of one dispute still linger on.)

But, naturist or nudist, sunbather or

gymnosophist, let us take a look at the state of the nudist/naturist world today as we slide into yet another year. It is interesting, I think, to take the trouble spots first. I have been looking through some of the reports I wrote years ago. In one I told of a group in Algiers, run by a couple from Marseilles. It did not



survive the political upheaval. Angola had the promise of a 'section' ten years ago, and so did several parts of what was then French Africa. If any of them survived no news has come to me. Indeed, one can hardly imagine a sun club being able to survive in these countries, which brings us, sadly but inevit-



ably, to the question of 'religion' and nudism. We have accepted, for a very long time, that it is difficult to have a progressive nudist club in a Roman Catholic country. There has been some progress in parts of Europe at least where there was hardly any interest in nudism in the years immediately after the war—for example, in Southern Germany. There are reports, too, of some progress in Spain and Italy. We know that there are nudists in both countries and we have been told of rallies and the formation of national associations, but most of these stories are so over-optimistic that I have hesitated to pass them on. As for many years, most of the nudists from those 'Latin' countries go over the border into Germany, France or Switzerland, to practice. If I am wrong, if I am too sceptical, I hope someone will send me facts and figures to show that I have been unfair. Eire, too, is a problem country. I have heard from Irish nudists, off and on, for years, but so far all attempts to found a club have failed, unless, indeed, there are some operating with extreme secrecy. Northern Ireland had several starts—but can one imagine an active sun club in the conditions which obtain in the 'Province' today?

Religious bias

What of other countries where nudism has been made impossible or at least extremely difficult by 'religion'? South Africa is a good example. A few months ago stories came to us of a nudist 'centre' in Natal. These reports were so garbled and contradictory that I found it impossible to accept them without making a close check. This was difficult, especially as further reports came in, of 'rallies' at Sandy Bay—and, in contrast, of the determination of an elderly couple to start a club despite the attitude of the 'Reformed' church and the law. I believe there are private groups in part of South Africa and also in East Africa (what used to be Kenya, Tanganyika and Uganda) but it is not surprising that they should shun publicity.

We can claim, I think, that Australia is one of the bright spots of the world of naturism today. There is not only a flourishing official body but there have been successes in their





campaign for free beaches. It is true that the 'authorities' in some parts of the country have been worried by the hangers-on—the people, mostly men—who join genuine nudists and make themselves a nuisance. I am sure we can leave the Aussies to deal with them.

New Zealand, too, is a bright spot and has been for some years. It has clubs in almost every part of the islands, has a national association and publishes an excellent little magazine.

Unfortunately the close touch which used to exist between this country and both Australia and New Zealand has almost completely gone. True, I get occasional personal letters from nudists down under, but 'official' links seem to have snapped. I must not forget that Tasmania is still in the picture. A few months ago I was able to report the formation of a new club there.

Back to religious differences. The whole of Asia is a blank, and those parts of Africa where Islam rules are very stony ground indeed where any attempt at 'social nudism' would be firmly stamped on.

South America is a somewhat better prospect, and we know that there are small groups (mostly family-based and founded by Europeans) in several parts of the sub-Continent.

Progress abroad

When we consider the many stories of progress in islands scattered all over the world, and of 'nudist resorts' in parts of North Africa and elsewhere, I think we should try to differentiate between self-formed and self-supporting nudist clubs and resorts, pleasure grounds and hotels founded as speculations and run for profit, quite irrespective of any belief in the basic principles of nudism/naturism.

Please do not think that I am condemning these 'branches' of the movement, for I have no more right to close my mind to the arguments in favour of them than the church have to refuse to give a hearing to *our* case. But, looking round the world, I see no reason for going back on something I said many years ago: Commercialisation could ruin nudism, just as it is ruining sport. (Yes, that

is sheer heresy today, but it is what I believe.)

Now let us have a look at those countries where naturism/nudism flourishes. I believe Britain should be given a place of honour for, although expansion has not been very rapid we do still have a large number of clubs, ranging from the tiny groups with half-a-dozen members to the giants like North Kent and its 'satellites.' (I know that people dislike the word satellite, but what other word can I use?)

France, too, makes steady progress towards the time when naked sports and camping will be generally accepted. That time is not yet, but everything points to it coming. The enormous attendances at Montalivet and other 'free' beaches must sooner or later have an impact on the masses.

Germany, too, still goes ahead even in those parts where the revived post-war movement ran into difficulties, mainly the opposition of the Roman Catholic church.

Attitudes

We still know very little about nudism in East Germany. I imagine that the position there is much the same as that in the U.S.S.R., where any body meeting for anything but officially approved purposes is suspect.

Scandinavia has always been among the leaders, not because of the number of active clubs, but for the general attitude towards nakedness. How far this has been due in recent years to the 'permissive' attitude of the law is a matter of opinion. A correspondent in Copenhagen assures me that nudism survives and grows in Denmark quite irrespective of the toleration of 'porn.'

Holland has quite suddenly jumped to the fore with an official free beach. I am told that many of those who use this freedom are visitors from other countries.

To sum up, I believe that nudism is firmly established in most countries outside Asia and large parts of Africa. We know so little of the U.S.S.R. that it would be risky to give an opinion. We do know that money-grubbers are paying close attention to parts of the world where they see a picking to be had.

How much of this is nudism—how much naturism? Does it really matter?

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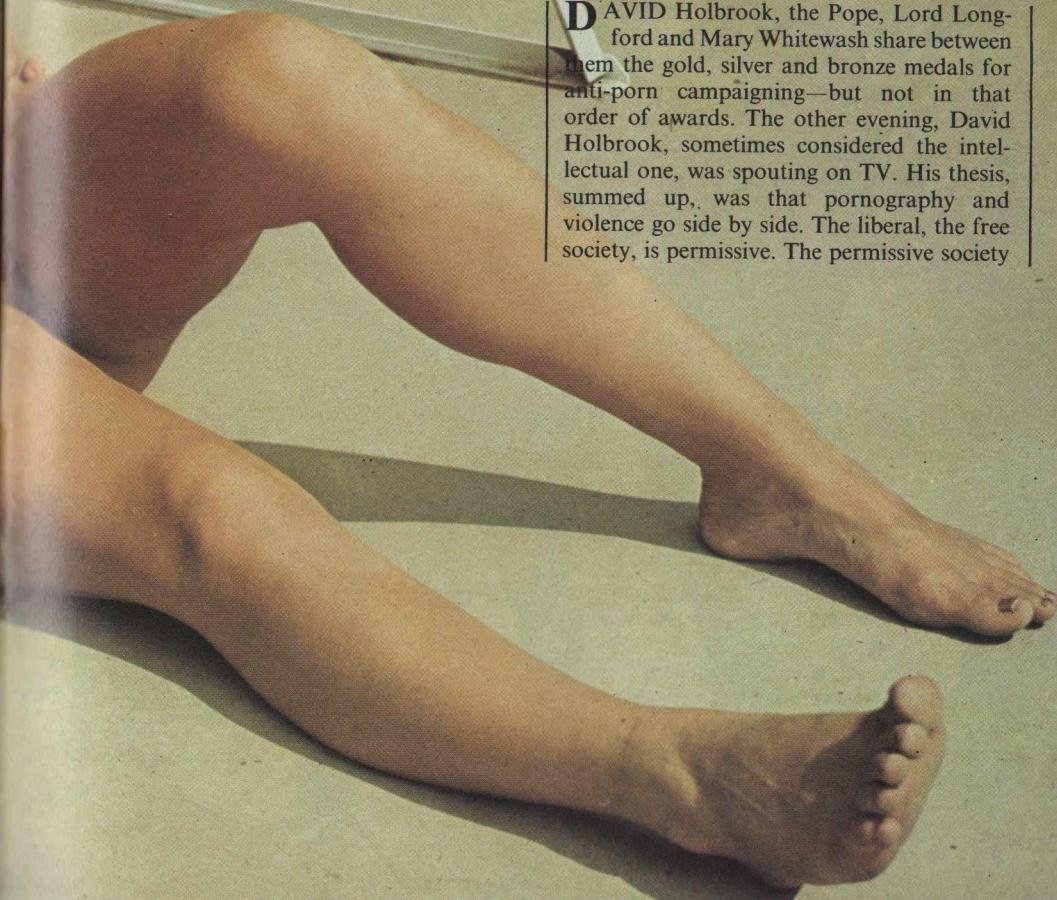
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PROBING the PRESS

The attitudes of censure adopted by certain self-appointed spokesmen of the establishment towards the so-called permissive society, pornography and violence, stirs the ire of our columnist, Maggie Stillwell, to the point of near outrage. Her passionately delivered views gives cause for thoughtful reflection.

DAVID Holbrook, the Pope, Lord Longford and Mary Whitewash share between them the gold, silver and bronze medals for anti-porn campaigning—but not in that order of awards. The other evening, David Holbrook, sometimes considered the intellectual one, was spouting on TV. His thesis, summed up, was that pornography and violence go side by side. The liberal, the free society, is permissive. The permissive society



permits the cultivation of pornography and with it comes violence. Lord Longford chimes in with Mary the White, claiming that Christianity has all the answers to our problems, including pornography.

But what is the reality?

Would a less permissive society be better? Consider the Nazi regime. No Government suppressed free speech, the arts and the discrimination of literature more severely. And perhaps in all history we have yet to find

outside of the Communist to be a more viciously violent lot. They tortured, starved and brutally killed their captive victims with unbelievable relish. When the world first learned of the horrors they shook their heads in disbelief. But when the evidence contained in films arrived from captured German concentration camps, the dreadful truth was out. Six million Jews had suffered appalling deaths at the hands of the greatest anti what-passes-for porn brigade of our times.



This gang of unbridled maniacs belonged to the most unpermissive of all worlds and were quite unable to glimpse even erotica, let alone pornography.

That, David Holbrook, is what is likely to happen when your much reviled permissiveness is denied to a society.

Now let us take Northern Ireland, whose community is the only one in the British Isles where the writ of Christian doctrine, of one persuasion or another, runs deep. There, and

only there the Christian Church remains a power of influence in the land. The horror of what goes on in the Province now, today, is also unbelievable. I make no excuses for reporting the following, for, like the films out of the concentration camps, it may shock ordinary decent people into a recognition of the truth.

A Mr. Wilson, of East Belfast, went for a drink at his club. He was attacked and left for dead. He is 27, a Protestant, and a victim of sectarian violence. After a night of torture half of his right ear was missing and he was rendered permanently deaf in the left ear. Pieces of shot are still in his arms and hands. He has contracted a skin disease and has an increased chance of developing epilepsy from a fractured skull and jaw. He was stripped naked by his assailants and roped to a bed. He was burned with cigarettes and then his body slashed with a razor. His finger nails and four teeth were jerked out with a pair of pliers. Then he was hooded and driven to Mersey Street, East Belfast, where his fellow Christians beat him with the handle of a jack and a shotgun was fired at him at point-blank range. Finally, a pistol was discharged in his mouth.

But still, I suppose David Holbrook will continue to think it is the permissive society that breeds violence, and I daresay Lord Longford will believe that a strict adherence to the precepts of Christianity would make us a better lot.

Obscenity of violence

The permissive society may have its faults, but compared with the authoritarian society of the Nazis and the Christians of Ulster it is the very paragon of virtue.

But in truth, violence can hardly be blamed on any particular society or way of life. And it is the true obscenity. During a recent trial one of the witnesses suggested this and the judge failed at first to understand what was meant. Just another indication of how far from reality the law can get.

Trouble is violence is now passing into the hands of women. Once it was a male prerogative. Consider for a moment the situation in the Middle Ages. Under late mediaeval law any squire could whip any woman of his







domains who displayed pride and self-respect euphemistically called 'immodesty' in the wording of the law. I quote from 'The First Sex' by Elizabeth Gould Davis: 'The lord of the manor, with his household of men, considered the women of his feudal realm fair game for every outrage—men at arms, pages, serving men, knights, formed hunting parties—their pleasure consisted in outraging, beating, making women cry. The French Court was convulsed with mirth 'to hear the Duke of Lorraine describe how he and his men raided villages, ravishing, torturing and killing every woman, old women included.' Before the village stands a lady 'proudly dressed in fine green robe and two peaked coif . . . Milord draws a poniard and with a single slash of the sharp blade slits the green robe from neck to feet . . .'

Backward glance

That is just the start of a horror tale to rival anything Ulster can produce. But in time, injustice like this breeds counter injustice. The Women's Lib. movement, believe it or not, is still drawing sustenance from happenings so long ago. Today they provoke their own kind of violence. Some tragic, some funny. Girls like Leila Khaled, Lynette Fromme and Patty Hearst represent the tragic. What about the funny?

I think it would take a lot to beat the incident of the four young girls, the middle-aged pub manager and a car park. In themselves none of these elements are the least bit funny. But put them all together and see what happens. The girls went to jail for luring the middle-aged publican into the deserted car park. There they stripped him clean naked and, horror of horrors—threatened to rape him. Wham, bham—gang bang m'am! They say that ever since the publican has been dining out on the story and new entrants to the publican's trade have never been so eager. Maybe it was the thought of this which made the latest Papal bullshit. The Pope said recently that women's liberation, if taken too far, can make women too masculine or cause them to lose their personalities.

Meanwhile, the world of entertainment added its quota of laughs to the nudist

scene. In New Zealand the local TV dropped in for a look at the Auckland Naturist Resort. Here the lads and lasses were to be seen frolicking on the greens, bashing the volleyball and whooping it up on the tennis courts. Well, not quite. You see they were each provided with a little black card, like the ones you sometimes see on censored nudes. With these cards they were supposed to 'censor' themselves if the cameras were likely to see too much. Can you imagine anything more ludicrous? Well, the show must go on, and it did. According to all reports it was one of the best comedy shows to originate in N.Z. or anywhere else for that matter. The big boys are considering a series. Their only worry is that the show might be blackballed. In the event the cards proved useless, the offending genitals peeped anxiously at the cameras which promptly blushed in scarlet technicolour. They have a long way to go in New Zealand. As always, about ten years behind the rest of the world.

No change!

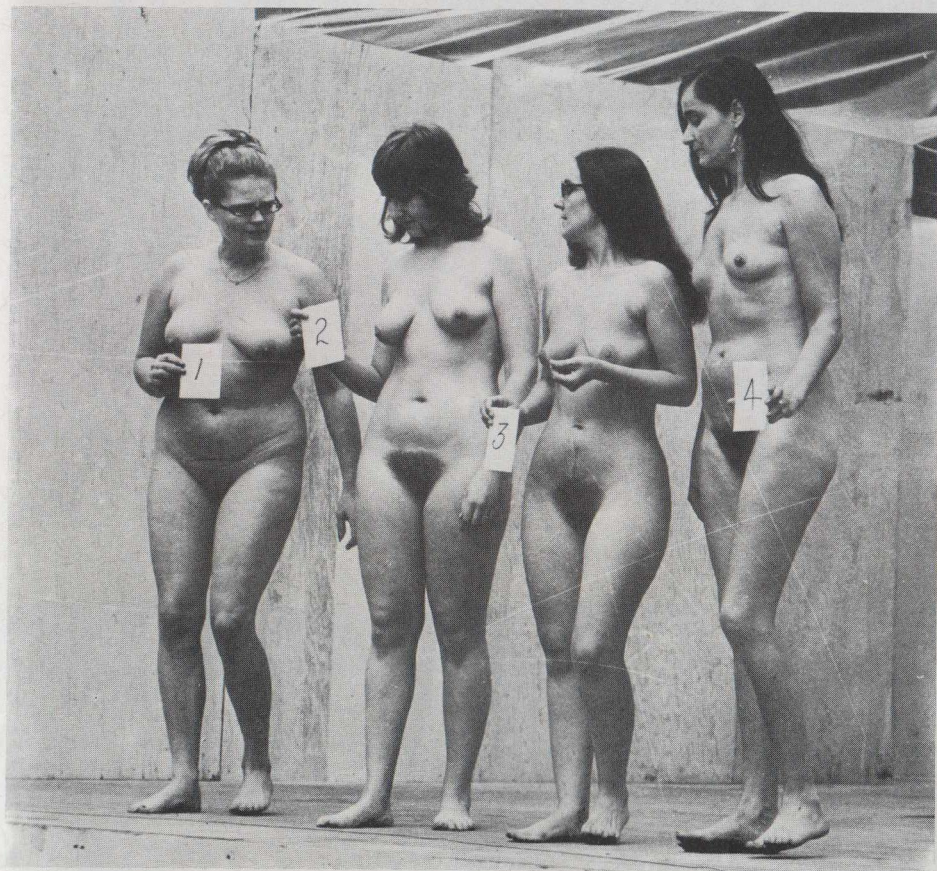
No, I take that back. We are just as bad right here—if not worse. Consider the shapely form of Fiona Richmond. Yes, I know a lot of my readers have considered it before now. But so have the Independent Broadcasting Authority, and they don't want you to see more of it. Fiona, you see, is appearing in a slightly risqué play called 'Come Into My Bed.' Wishing to advertise the show on TV, the promoters produced a stunning picture of Fiona lying naked but unrevealing on a bed. The hawks of the Independent Broadcasting Authority took one look and promptly banned it. The totally silly part of the whole matter is that the same picture has been showing in the national newspapers for weeks now, and, so far as is known, no one has complained. But, prudery nudey, the I.B.A. said they would allow the advertisement if only Fiona's head showed. Or the head and shoulders, providing the shoulders were covered. Who wants to look at Fiona's head, which, right as it may be, is about the least well-known of her charms.

But on the nudity front, one of the biggest laughs of the year must have gone to the

Sugar Plum Fairy. Remember him? Bill Tilly, the original Sugar Plum Fairy, explained how his act was perfectly clean. Not the least bit 'lewd, obscene and disgusting...' It was a comedy act. 'I come out in a frilly skirt and long pants. I wear false bosoms, a lurex top and a wig.' He even burst into song as he demonstrated the sugar plum routine. The jury laughed themselves sick. Tilly insisted that some women pushed to the front row to get the best view of him. And, he added, 'they turn up with tickling sticks and rulers.' Unfortunately for sugar plum a woman, Detective Constable Susan Cadman, was in the audience. Strange how she was the only one of an audience of dozens who found the act objectionable. Although Detective Susan is married, and despite her youthful

appearance, undoubtedly adult, she found Tilly's performance 'obscene and lewd.' Tilly was fined £100, but got tens of thousands of free publicity. Carry on, Tilly, and by the way, where's your next show—I've a beautiful tickling stick!

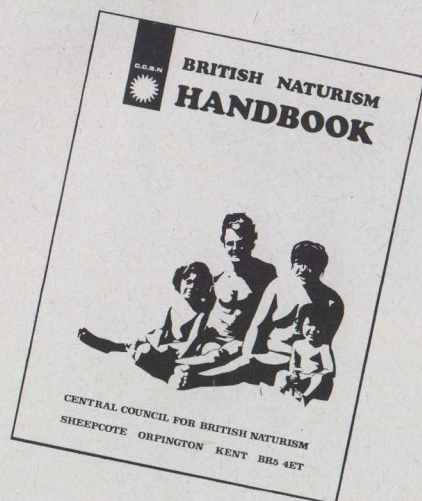
Finally, another policewoman—Police Officer Diggins. She is obviously made of sterner stuff. Difficult to shock. She was called by a neighbour of the fellow having his 23rd birthday party. When she arrived they—the party lads—were in the middle of a streak. No charge, just a warning. Police explained: 'There was no proof a woman had been shocked.' Good on you, Police Officer Diggins, I think if you had been watching the Sugar Plum Fairy you would have laughed rather than complained.



Beauty Contest aspirants line up for judging at Meadowbrook Sun Park.







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Official Bulletin of the

CENTRAL COUNCIL for BRITISH NATURISM

Hon. Secretary: Roy Lambert,

C.C.B.N.,

Sheepcote

Orpington, Kent BR5 4ET

All enquiries should be addressed as directed in the notes and must be accompanied by stamps for a reply. Addresses of clubs may not be given to enquirers by the Editor. Club notes should arrive at the Editorial Offices by the 15th of each month at the latest.

Well, here we are at the start of yet another season, which we all hope will be as good as last year, though the close of the year was saddened by the passing of Doug. Gibson, the leader of the PHERA Group. For many years he has been a familiar and popular figure at national and international events, and with his wide interests in all matters affecting health, he was in a unique position to advocate the benefits of naturism in this context. We offer his widow and family our sincerest condolences.

It was a pity that we had not managed to achieve success in our efforts for an official naturist beach in time for last year's scorching sunshine, but all the 'unofficial' beaches reported evidence of such an increase of usage, that will provide us with more power to our elbow in continuing the fight with officialdom. Persistence will pay in the end, and we are still maintaining a steady rat-a-tat-tat on Council doors wherever we have the slightest chance of breaking down resistance. Apart from committed naturists, future summers like the last one will create such a demand by the public at large that authority will have to yield. Though, of course, we hope to have won the first round before that happens. Nothing succeeds like success, and once the door has been cracked open, extensions of such facilities is likely to be rapid. It would seem to be highly probable that in the next twenty years the bathing costume will have virtually disappeared from the seaside scene—if not also from the public swimming pools.

By now most folks will have decided on their holiday arrangements, and for those fortunate enough to be able to afford to go abroad may we make a timely appeal to them to make sure that their I.N.F. Passports are stamped up-to-date well before the time of their departure. Please do not leave it till the last minute, as so many seem to do each year. We do our best, but unless we receive a 1st class stamped envelope with the application it will be returned by 2nd class mail—and who knows how long that will take to reach you! Recent enquiries among local travel agents have revealed a woeful absence of any idea of what is available in the way of naturist holidays abroad. The best that they

could produce was the very excellent brochure on naturist holidays produced by Yugo-tours. Educating the travel industry in the facts of naturist holiday life would seem to be a fertile field for fruitful P.R.O. work by clubs and even individual naturists throughout the country.

Little has appeared in this column of late about the activities of the Sunlanders, and some readers may be forgiven for thinking that the lack of news indicated some form of cessation of operations. Not so. The Group is as active as ever and it was only because they were so busy soaking up the sun last summer that they didn't have time to write about themselves. The 1976 season will see the usual regular fortnightly camps at clubs up and down the country, with the summer holiday being taken at Serignan in the South of France, where they hope to join up with a party of young Danish naturists. Membership of the Group is open to all between the ages of 13 and 25 and the Group is run by very experienced Youth Leaders. In many cases members of the Group are also members of their own club's youth section, so there are familiar faces wherever their peregrinations take them! The Group is always pleased to accept new members and enquiries should be routed through the usual channels.

The new edition of the C.C.B.N. Handbook is now published. It is in an entirely new format, with all the clubs arranged in alphabetical order, with a numbered index for location purposes. This makes for easier reference than the former arrangement of clubs by Regions, since confusion could arise where clubs were situated close to Regional boundaries. Each entry details all the amenities available at the club in a very easy to read layout, and in most cases the accompanying sketch map makes for easier pinpointing of the club's location than hitherto. The price of the new Handbook is 85p, inclusive of postage, and copies can be obtained through the Head Office. Also available is the 1976 edition of the I.N.F. Guide. For a fully comprehensive picture of all the clubs in countries affiliated to the I.N.F. it cannot be bettered. This, too, can be obtained from the same

source at a price of £2.50. In all cases please send your remittance with your order. Club and Supporter Section members may obtain copies through their respective Secretaries or Regional Representatives.

NEWS FROM THE CLUBS

Below you will find listed some of the clubs affiliated to C.C.B.N. and the Regions to which they belong. Unless stated otherwise, either in the club's own notes or its advertisements elsewhere in this issue, all enquiries for membership should be addressed to the Secretary of the club to which you are writing, and sent c/o C.C.B.N., Sheepcote, Orpington, Kent BR5 4ET. The inclusion of a stamped, addressed envelope for your reply is always appreciated, since postage can be a heavy item of expenditure—especially for the smaller club.

YORKSHIRE REGION

The White Rose Club (York)

At White Rose we are seeing the welcome signs of Spring. The snowdrops are in full bloom, the daffodils are pushing their way through the fresh young grass, the buds are preparing to burst all along the hedgerows, and the birds are filling the air with their song. Yet again we have seen a mild Winter come and go, leaving but little evidence of its passing. This has given several members the opportunity to visit the club almost every week-end to enjoy a chat over a cup of coffee.

We have already welcomed our first prospective new members for this year, and they have been taking advantage of our fortnightly swimming sessions. This is a great way for newcomers to naturism to overcome any feelings of uncertainty at being naked among relative strangers. They immediately find that nothing could be more natural than swimming completely unclothed. We are also pleased to welcome our friends from the Yorkshire Sun Society from Hull, who regularly make the long journey to join us on these occasions.

All the necessary maintenance has proceeded well this year, thanks to the absence of severe weather. The road has been repaired, the ditches cleaned out, the grounds tidied and the mower overhauled ready for its regular stint of Summer grass cutting. Working week-ends have

been well-planned to ensure that everything will be up to the usual high White Rose standard before the season commences. The club has recently purchased a small, fully equipped caravan to enable members without camping equipment, or site, to spend week-ends—or even holidays—at the club. We are extremely grateful to a member who has donated a second TV set to take over from our old and fast failing faithful.

In February we held one of our most successful ever Dinners at a large hotel in York. Everybody seemed to have had a great evening, and the profit from the raffle, drawn at the Dinner, was sufficient to purchase a new badminton net for use in the Summer months. Yes, things are progressing well at White Rose and, with our conscientious and hard-working Committee, we can safely look forward to another very successful year.

If you are interested in naturism, and would like to join us—we still have vacancies for couples and families—please send a s.a.e. to The Secretary, The White Rose Club Ltd., Flaxton, Nr. York. We shall be pleased to forward further details to genuine enquirers.

MIDLAND REGION

Leicester Sun Group (Leicester)

Since I last wrote to you, seasonal changes have been taking place at Oaklands. Daffodils are in bloom and the trees are beginning to leaf. The swimming pool has had an appreciable time spent on it to get it ready, hopefully, for Easter week-end, when we normally have a fair gathering of members from near and far. Caravan and camping week-ends will start again, which brings a happy atmosphere to us. This is a particularly happy time for my own family as we have become the proud owners of our first grandchild. She will be seen on the lawn during the Summer no doubt, although her parents are not naturists.

Applications for consideration for membership, accompanied by a s.a.e., can be sent to The Secretary, 8 Redruth Close, Coventry CV6 7GR.

OTHER AFFILIATED SOCIETIES

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